



THE URSULINE ACADEMY ILFORD
A Catholic Academy for Girls
Weekly News – 2023/2024 Issue 16
12th January 2024



Dear Parents/Guardians,

I would like to wish everyone in our school community a very happy and peaceful new year. Wish all God's blessings for a prosperous 2024!

I am delighted to announce that Mrs Russell, our technician in Art & Design and also leader of the school's STEM club, has been honoured in the King's news year's list with an MBE, please read the article on page 6. **Congratulations Mrs Russell!**

This half term we are focusing on the Ursuline student values of being grateful and generous. Embarking on a new year, this week in assemblies I shared reflections on the feast of the Epiphany which was celebrated in mass last Sunday 7th January. In the context of the Ursuline student profile values, being grateful calls us to acknowledge the blessings in our lives and respond with a spirit of thanksgiving. The wise men, in their journey and homage, exemplify this gratitude. Their generosity, on the other hand, encourages us to cultivate a mindset of giving, recognising that our talents and resources are meant to be shared with those in need.

As we internalise the lessons from the feast of the Epiphany, we are invited to express our gratitude by seeking the divine in our lives and being generous with our gifts. Just as the wise men returned to their own country by a different way, we too are called to navigate our lives with a transformed perspective, marked by gratitude and generosity. Through our actions and attitudes, may we emulate the wise men's example, acknowledging the presence of the divine in our lives and responding with open hearts and hands to the needs of others.

I look forward to greeting the Year 10 parents and guardians on Wednesday 17th from 4.30pm – 7pm for the annual teacher conversations.

With best wishes for week, month and year ahead!

Fiona Stone headteacher@uai.org.uk



"Act, move, believe, strive, hope, cry out to him with all your heart for without doubt you will see marvelous things."
St Angela, Prologue to the Counsels, 16-18



Newsletter Contents this week:

Chaplaincy News Pages 2

Ursuline Student Profile & Relationship & Sex Education, Page 3

Art News, Page 4

King's New Year Honours List, Pages 5 - 6

MFL News, Page 7

Music News, Pages 8 - 9

Science News, Page 10

South Asian Society News, Pages 11 - 12

Free School Meals, Page 13

Managing Screen Time, Page 14

Careers, Pages 15 - 18

Extra-Curricular Clubs, Page 19



Chaplaincy News



Pope Francis@Pontifex – 9th January 2024

If we were able to look each victim of war in the eye and learn something of their personal history, we would see war for what it is. War is nothing other than an immense tragedy, a useless slaughter that offends the dignity of every person on this earth. #Peace



Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint

January: Trust

12th January: God will never fail to provide for their needs, so long as nothing is lacking on your part.

13th January: In times of great need, true friendship is recognised.

14th January: I have undaunted and firm faith and hope in the infinite divine goodness.

15th January: God alone knows what you need, and can and wants to provide for you.

16th January: Keep to the ancient way and custom of the Church, established and confirmed by so many Saints under the inspiration of the Holy Spirit.

17th January: May you be motivated solely by the love of God.

18th January: God will provide for them wonderfully.

**The Ursuline Prayer
Gracious God,**

**Let us remain in harmony,
United together all of one heart and one will
Let us be bound to one another
by the bond of love,
Respecting each other, helping each other,
And bearing with each other in Jesus Christ.
For if we try to be like this, without any doubt
The Lord God will be in our midst.**



Ursuline Student Profile

Grateful and Generous.

Christmas is a fading memory for many of us as we get back into the swing of school in a wet and cold January, but we should not forget the many gifts that were exchanged between friends and family, rich and poor people, those near and afar. Some of those gifts would have been unexpected, some very big and some quite small but a spirit of generosity unites all those who give, a spirit of gratefulness all those who receive with a pure heart.

In the New Testament God gave the world his only begotten son. This showcases a strong model that generosity in God's people should be sacrificial. In **Matthew 10:8** Jesus exclaims ***"freely you have received... freely give"***. This may be the hardest sacrifice Christians may face in their daily lives as we have to prioritise our own needs and wants and that of others.

In Christian teaching we are taught that the more generous you are with your God-given talents, the more ways you become generous, then the richer you will become. These riches are not always received straight away but Jesus has promised us that our reward will be received in heaven. In RE lessons this term we will look at the numerous ways we are grateful for the gifts of the spirit, the God given gifts we all have, God's generosity and encouragement to us to pray for our needs, the ways we can practically help and offer our generosity to others less fortunate than ourselves. We will also explore how generous Jesus was to those who needed healing and how grateful they were to Him, or not as in the case of the healing of the ten lepers, only one returned to thank Jesus.

Let us encourage each one of us, as 'our neighbour' to be grateful and generous in all that we do and say.



Relationships and Sex Education. (RSE)

During PSHE and RE lessons this half term students in Year 10 will have an opportunity to explore a range of interesting and important issues around relationships, marriage, and sex education. The school will use the resources created by Ten Ten to deliver a high-quality series of age-appropriate lessons. The RSE policy is available on the school website too. Additionally, if you wish, you may log in and view the materials, please the link below. All teaching on RSE is in line with the teachings of the Catholic Church and we use teaching resources that are approved by the Catholic Education Service. If you do have any concerns, please would you contact your daughter's Head of Year in the first instance.

Username: ursuline-academy-ig1

Password: october-feast.

Parent Portal <https://www.tentenresources.co.uk/parent-portal/>

Mr McGhee. Head of Religious Education.





Art News

Art of the Month

Alannah Atkinson -Year 12



Alannah has been working on her portrait skills during her Year 12 studies and has been experimenting with the Renaissance style. Her latest art pieces show how the contemporary approach has been adapted, with muted colours and a textured surface. She says "I found working on uneven surfaces a challenge, but I am pleased with the result. My next step will be to combine very traditional art with a contemporary twist; I want to explore the juxtaposition between the two".

Well done, Alannah.

Mr Butler
Head of Art



The King's New Year Honours List

We are delighted to announce that our very own **Rose Russell** was awarded an MBE in the King's New Year Honours List for her services to education and diversity in STEM!

We are extremely proud of her...she is an excellent role model to our students, thank you Rose, and congratulations from us all. #Serviam!

We replicate below an article from the Ilford Recorder (in italics) ...



Rosemary (Rose) Russell was trained in fashion but has been made an MBE for her contributions to STEM at the Ursuline Academy in Ilford...

A technician who runs a Science, Technology, Engineering, and Mathematics (STEM) club at an Ilford girls' school has been made an MBE.

Rosemary (Rose) Russell has become the school role model she never had when she was growing up for members of her STEM club at The Ursuline Academy.

In what she described as the "ultimate accolade", Rose has now been made an MBE for services to education and diversity in STEM through her club, Visualize.

She said: "Role models are so important. When I was at school, I never had these kind of opportunities.

"How I wished I did - and for someone from my background (both parents from the Windrush generation who came over and worked hard to make a better life for their children), I've seen first-hand the huge benefits such opportunities has given our girls at the Ursuline."

Rose set up the extracurricular club in 2010 in a mission to help bridge the gender and skills gap in the industry.

While Rose is the one accepting the honour, she believes none of it would have been possible without friends, family, colleagues and the Visualize members.

She said: "I think any recognition for the work you do is motivation to continue, it's what's kept the doors of Visualize STEM Club open for so long."



Rose pictured with some of the Visualize members at the Mayor of London's 'Design Future London' event.

Originally trained in fashion, she admitted "I am not an engineer or a scientist" but described The Ursuline Academy as "the perfect environment" for supporting girls curious about the industry.

Rose said: "We need more diversity in this industry and if this honour allows me to open bigger doors, I'll be knocking, if only to allow students the opportunity to step in.

"[...] Dream big, work hard, and don't be afraid to challenge the status quo. You have the potential to make a significant impact, and the STEM community will be richer with your involvement."



Apologies that this article missed the Christmas edition of our Newsletter!

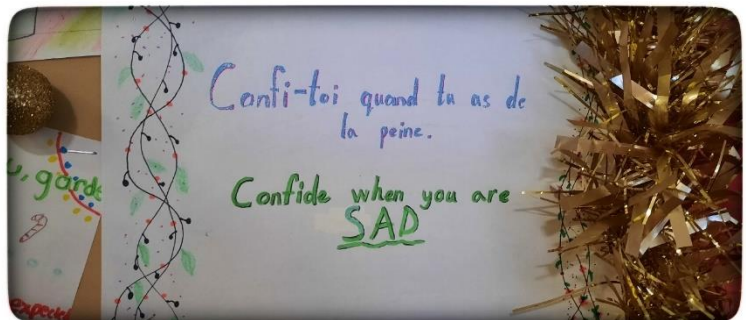
7 JOSEPHINE AND APPRENTIS D'AUTEUIL: ADVENT CALENDAR

Apprentis d’Auteuil is a Catholic foundation that offers education and support to deprived children in the South of France. Their values are based on family spirit, care for others and a sense of community, as well as diversity and openness to difference. Every year they produce an advent calendar promoting these values. Students in 7J opened a window revealing a different value each day. They translated it and created a lovely classroom display.



We will send Apprentis d’Auteuil photos to show our support for their work with young people in the hope they will publish an article in our honour on their website.

You can find out more about the rich history of Apprentis d’Auteuil on their national website: apprentis-auteuil.org



Here is **Hane Alimi** and **Fatima Nawazai** proudly presenting their work.

Ms Grassi, Subject Lead MFL



Music News

New Music Extra-Curricular Club for Students in Year 9 and Year 10 GCSE Music students

We will be starting up a **'Composition Club' on Tuesday 16th January** (next week) which will take place every Tuesday lunchtime at 12.40-1.10pm. This is for students in Year 9 and those in Year 10 doing GCSE Music who are interested in songwriting and developing their composition skills. We can cater for up to 15 students so please let Ms Deller know if you would like to attend this club to reserve your space. This will be a first come first serve basis due to the limit on spaces.

Music Tuition Notice

If your daughter receives music tuition at UAI, please take a little time to read the following reminders about lessons and payments for lessons. We appreciate your cooperation and commitment to your daughter's music education. If you have any questions or concerns, please contact Ms Deller: sdeller@uai.org.uk. Any feedback will be welcomed as we endeavour to better our work ethic and practice to ensure high standards.

****Payment Details:****

Payments for lessons are to be made directly to the instrumental/singing tutor before your daughter's first lesson.

****Timetables:****

Timetables will be emailed to the parent of each student prior to their lesson (usually at the start of a term/half term). Please share this with your daughter and ask them to note down their lesson times in their planner.

Punctuality to lessons and regular practice between sessions are crucial for skill development. We encourage you to discuss the commitment and responsibility that your daughter is undertaking in learning an instrument. Support from parents/guardians is integral to the success of your daughter's progress.

****Cancellations:****

If a student is unable to attend a paid lesson, at least one week's notice should be given to the tutor. The discretion of the tutor will be applied in such cases. **Lessons will still be charged if the student is absent due to illness or does not show up for the lesson or if the tutor has not been informed of a student's absence at least one week before.** Our visiting music teacher's will make every effort to find a student if they do not show up, however, on the occasion they are not in the allocated room the lesson will still be charged.

In the event of a tutor's absence, lessons will be postponed, or parents/carers can request a refund.

****Termination of Lessons:****

To terminate lessons, a written notice must be sent by the parent/guardian to both the music tutor and Head of Music, Ms Deller, giving a minimum of **2 weeks' notice before the end of term.**

DRUM LESSONS

AT THE URSULINE ACADEMY
ILFORD

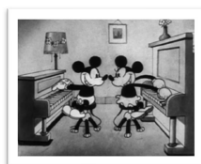
EVERY FRIDAY

With Joshua Walker-Martin



EMAIL: SDELLER@UAI.ORG.UK
TO RECIEVE AN APPLICATION FORM

EXTRA-CURRICULAR MUSIC CLUB TIMETABLE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breaktime	Music Practice (Invitation only) <u>@10.40am</u> (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)	UKULELE GROUP <u>@10.40am</u> S5	Music Practice (Invitation only) <u>@10.40am</u> (S5)	Music Practice (Invitation only) <u>@10.40am</u> (S5)
Lunchtime	Music Practice (Invitation only) <u>@12.40pm</u> (S5)	COMPOSITION CLUB <u>@ 12.40pm</u> S5	Music Practice (Invitation only) <u>@12.40pm</u> (S5)	WORSHIP BAND <u>@ 12.40pm</u> S5	UAI BAND <u>@ 12.40PM</u> S5
	GUITAR ENSEMBLE <u>@ 1.10pm</u> S5	VIOLIN ENSEMBLE <u>@ 1.10pm</u> S5	UAI CHOIR (All years) <u>@ 1pm</u> S5	WOODWIND ENSEMBLE <u>@1.10pm</u> S5	GLEE CLUB <u>@ 1.10PM</u> S5



Ms Deller, Subject Lead Music



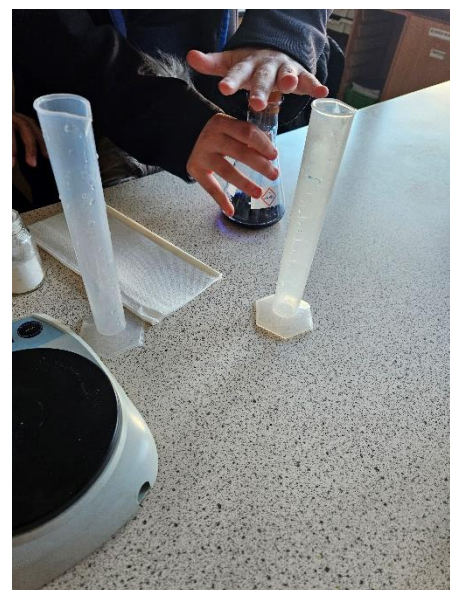
Science News

Blue Bottle experiment

This week in Science Club we wanted to change the colour of a solution and then back again. We mixed some glucose and blue dye with Sodium Hydroxide to make a blue bottle that changed colour every time it was shaken.

The sodium hydroxide forces the methylene blue dye to react with the glucose, causing it to lose its colour. When the solution is shaken or poured, it becomes saturated with oxygen from the air. The dissolved oxygen rapidly reacts with the colourless dye, turning it blue again. And when left still changes to colourless again.

Mr Uddin and Ms Agudelo





South Asian Society

Pongal/Makar Sankranti/Lohri Celebration Workshops in Classical Kummi Dance and Rangoli

Pongal, Makar Sankranti and Lohri are vibrant harvest festivals. It is a time of joy, gratitude, and cultural celebration. Today, students from the South Asian Society organised workshops that enabled KS3 pupils to understand the essence of these festivals through classical Kummi dance and the art of Rangoli. These workshops provided a platform for cultural exchange and appreciation.

The classical Kummi dance is a folk-dance form.

It is traditionally performed during special occasions and celebrations, with Pongal being one such festivity. The workshop led by our students allowed pupils to learn intricate steps using rhythmic claps, and vibrant expressions that characterise Kummi dance.

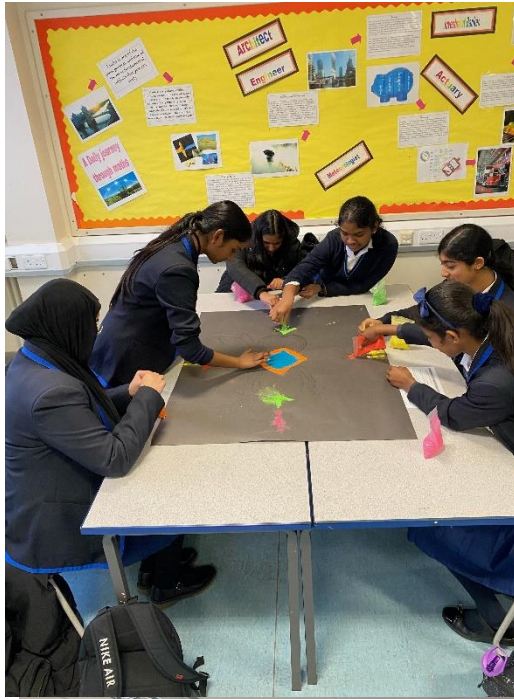
Rangoli, a traditional Indian art form, involves creating intricate patterns on the ground using coloured powders, rice, flower petals, or other materials. In the Rangoli workshop, students had a hands-on experience allowing them to unleash their creativity while also gaining insights into the spiritual and cultural aspects of Rangoli.

By organising these workshops, the South Asian Society were able to create an inclusive space where individuals from all backgrounds can come together to celebrate the beauty of these festivals.

Ms Sivachandran

On behalf of the South Asian Society







Are you entitled?

Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- *Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)*
- *Income Support*
- *Income-based Jobseeker's Allowance*
- *Income-related Employment and Support Allowance*
- *Support under Part VI of the Immigration and Asylum Act 1999*
- *The guarantee element of Pension Credit*
- *Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)*
- *Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit*

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the Redbridge.gov.uk website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school. Thank you for your co-operation



Are you entitled?



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety



Careers



[Success at School Parents' Survey](#)

We have had over 200 parents already answer our Parents' Survey which is designed to help us understand how we can provide better information to support parents in discussing future career pathways with their children.

Please feel free to share [this survey link](#) with your parent networks!

Parents that complete the entire survey will be eligible to win £100 in Amazon vouchers (terms apply).

Take the survey now!



FREE VIRTUAL Get into Medicine conference:

For students embarking on their medical journey or contemplating a career in medicine, I encourage them to participate in the upcoming Saturday 13th January, 9:30am - 3pm

Sunday 14th January, 9:30am - 3pm

Find out more about the **Free Get Into Medicine** conference here:

<https://medicmentor.org/get-into-medicine-ucas-conference/>

Within this conference I will guide your students in **years 10-12** / S3-S5 / NI11-13 through the UCAS application process to medicine. This includes personal statements, UCAT, interview skills, scholarships, and what they need to make their medical application stand out.

Register here: <https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZytt3MGPjvO>

For students who haven't found success in applying this year, I encourage you to invite them to the **Free Reapplication Get Into Medicine conference**:

Saturday 20th January, 9:30am - 2pm.

Find out more about the Free Reapplication Get Into Medicine conference here:

<https://medicmentor.org/what-if-you-dont-get-into-medical-school-in-the-uk/>

Many successful doctors have faced rejection before finally being accepted into medical school and we are hosting a conference to tell students exactly how to do it!

This conference is for students in **years 13/S6/NI14** reapplying to medicine. Reapplicants have many options available to them, and we are here to help your students get there. The conference will cover accessing university feedback, Republic of Ireland Applications and HPAT, UCAS Extra and UCAS Clearing, studying medicine in Europe, and taking a gap year.

Register here: <https://airtable.com/shrfyUEK94gAcgKa1>



[Webinar: Apprenticeships & Scholarships with the British Army](#)

Have you ever wondered what a career in the Army would look like?

Do you have any burning Have you ever wondered what a career in the Army would look like for your child?

Do you have any burning questions about what a career could look like within this industry?

Join us on the 16th of January 2024 for an interactive webinar tailored to parents and careers leaders on the educational and career opportunities available within the British Army.

[**Register Here!**](#)



Medicine Virtual Work Experience

The University of Southampton are offering students in **Year 12** the opportunity to apply for some LIVE virtual work experience in February and August next year. Early application is advised.

The dates for 2023/24 are now confirmed as:

February 13 and 14 2024 (applications open 28 December 2023 and closes 15 January 2024) [Apply when open](#)

August 28 and 29 2024 (applications open 17 June and closes 1 July 2024) [Apply when open](#)



TLT LLP is a UK Law Firm headquartered in Bristol, who recently was ranked within the top 50 law firms in the UK. TLT LLP have offices all across the UK, in locations such as London, Birmingham, Manchester, Glasgow, Edinburgh and Belfast, so wherever you are around the country there will be a nearby office!

TLT LLP are looking to recruit their next pool of law apprentices and one of your students could be one of them! This event will provide students with a clear insight into who TLT are, what they do and what they can offer to your students. Senior lawyers and apprentices will also be on the call to share their experiences at this incredible law firm and answer any questions that students may have.

We kindly request that you share this opportunity with all of your **Y11, Y12 & Y13** students. After the event, students will receive a certificate of completion that they can use on their CV or University / Apprenticeship applications in the future. This will really help them secure some fantastic opportunities moving forward after working with one of the UK's top law firms!

Please find below the registration link for this event. Students will need to complete this form to apply for this event. Please note that as we have very limited places, we will be closing applications once all positions are filled.

Application Link:

<https://www.surveymonkey.com/r/WMWGJRO>

Apprenticeship events!



All About Deloitte Apprenticeships (Finance/Accountancy)

Monday 5th February 2024, 4pm-5pm [RESERVE PLACE](#)

Careers in STEM Apprenticeships Event

[GSK \(GlaxoSmithKline\)](#): Join GSK, a top biopharma company, and learn on the job while gaining real-world experience. The best part? GSK covers your training and tuition fees, so no student debt! Every apprentice at GSK plays a key role in the mission to beat diseases.

[Apply here!](#)

[Pfizer](#): Dive into apprenticeships at Pfizer, a cool pharmaceutical and biotech company. From accountancy to marketing and data science, there's something for everyone. Pfizer is all about breakthroughs, caring for people and the planet responsibly.

[Apply here!](#)

[BP](#): Check out BP's apprenticeship opportunities in energy. Whether you're into engineering, tech, or business, BP offers hands-on experiences for a kickstart in your career. Join BP, shape the future, and have fun learning while doing!

[Apply here!](#)

Apprenticeship of the Week



Meet Jasmine, 20, from Crewe. Find out about life as an HS2 engineering apprentice at WSP [here](#)

College Open Days.

Open Days present an excellent opportunity to delve deeper into our courses, apprenticeships, facilities, financial aid, and student support firsthand. We kindly request you to share the following upcoming open day schedules with your students:

City and Islington College

Tuesday 23rd January – 4-6pm

- Centre for Lifelong Learning
- [More information here](#)

Wednesday 21st February – 4.30-7pm

- Sixth Form College, Angel
- Centre for Applied Sciences, Angel
- [Book Here](#)

Wednesday 6th March – 4.30-7pm

- Centre for Business Arts and Technology, Camden Road
- [Book Here](#)

Westminster Kingsway College

Monday 5th February – 4,30-7pm

- Victoria Centre
- [Book Here](#)

Wednesday 7th February – 4.30-7pm

- Kings Cross Centre
- [Book Here](#)

College of Haringey, Enfield and Northeast London (CONEL)

Drop-In sessions – Every Monday – 4-6pm

- Tottenham Centre
- Enfield Centre
- [More Information here](#)

BCE'S SUMMER NEWSLETTER!



If you're thinking about studying with us next year and wondering what life is like at Big Creative Education, why not have a read of our latest newsletter? You will find out about some of the exciting opportunities our learners get to part-take in, industry trips they get to go on and professionals they get to meet.

Ms Finlay, Careers Coordinator



Extra-Curricular Activities

Day	Activity	Time	Room	Year
EVERY DAY	Rise & Shine Biology Time! : LMB	7.45 -8.30a.m.	G7	Year 11
MONDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.10pm	S5	Years 7-11
	Guitar Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	Indoor Rowing: JMA/CHB	12.40 – 1.10p.m.	Gym	All Years
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30pm	Library	Years 7-13
	Netball Club: JMA	3.30 – 4.30p.m.	Playground/Gym	Years 7-8
TUESDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00am	S5	Years 7-11
LUNCHTIME	Music Composition Club: SDE	12.40 – 1.10pm	S5	Years 9 - 10
	Violin Ensemble: SDE	1.10 – 1.40pm	S5	Years 7-11
	STEM Club: AKO	1.00 – 1.30pm	G12	Years 7-11
	Debating Team: EDO	12.40 – 1.10pm	F19	Years 12-13
	Maths Club: TKA	12.40 – 1.40pm	S6	Years 7-11
	Chemistry Club: JOS	12.40 – 1.10pm	G8	Years 10-13
	GCSE PE Intervention: SFR	12.40 – 1.30p.m.	G18	Years 10-11
	Newspaper Club: NAS	12.40 – 1.40p.m.	F9	Years 7-11
AFTER SCHOOL	Subject Champions: RBA	3.30 – 4.30pm	G15	Years 12-13
	Library Club: CFI	3.20 – 4.30pm	Library	Years 7-13
	Netball Club: SFR	3.30 – 4.30p.m.	Playground/Gym	Years 9 - 13
	Humanities Revision Club: EDO/HMA/HCO	3.30 – 4.30p.m.	G3	Year 11
WEDNESDAY				
BREAKTIME	Ukulele Group: DEA	10.40 – 11.00a.m.	S5	Years 7-8
LUNCHTIME	Music Practice (Invitation only): SDE	12.40 – 1.00p.m.	S5	Years 7-11
	UAI Choir: SDE	1.00 – 1.40p.m.	S5	Years 7-11
	Mindfulness and Wellbeing: NKA	12.40 – 1.10p.m.	G9	Years 12-13
	Indoor Athletics: JMA	12.40 – 1.10p.m.	Gym	Years 7-8
	French Speaking Club: LGR	12.40 – 1.10p.m.	G6	Year 11
	Spanish Speaking Club: SCL	12.40 – 1.10p.m.	G5	Year 11
	SEN Science Club: MUD	12.40 – 1.10p.m.	G11	Year 8
	Islamic Society: AAH	1.05 – 1.30p.m.	F8	All Years
AFTER SCHOOL	DT Catch Up: AKO	3.30 – 4.30p.m.	G12	Year 11
	Football Club: LBU/DOK	3.30 – 4.30p.m.	Playground/Gym	All Years
	Peer Mentor: NKA/RBA/HCO/SFR	3.30 – 4.30p.m.	G15	Years 7-13
	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
THURSDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
LUNCHTIME	Worship Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Woodwind Ensemble: SDE	1.10 – 1.40p.m.	S5	Years 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Years 7-13
	Knitting Club: HMA & Mrs Mackie	12.40 – 1.40p.m.	F18	Years 7-11
	Charity and Enterprise: LBU	12.40 – 1.10p.m.	F10	Years 12-13
	Sports Ambassadors: SFR	12.40 – 1.10p.m.	Dance Studio	Years 12-13
Fortnightly	African Caribbean Society: TKA/SFR/NKA	1.10 – 1.40p.m.	S6	All Years
Fortnightly	ECO Club: HCO/JMC	12.40 – 1.00p.m.	G3	Years 7-8
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
FRIDAY				
BREAKTIME	Music Practice (Invitation only): SDE	10.40 – 11.00a.m.	S5	Years 7-11
LUNCHTIME	UAI Band: SDE	12.40 – 1.10p.m.	S5	Years 7-11
	Glee Club: SDE	1.10 – 1.40p.m.	S5	Years 7-11
	Art Club: RBU	12.40 – 1.40p.m.	S2	Years 10-13
	Chess Club: BFA	1.00 – 1.30p.m.	F13	All Years
AFTER SCHOOL	Library Club: CFI	3.20 – 4.30p.m.	Library	Years 7-13
	Running Club: JMA	3.30 – 4.30p.m.	Playground/Gym	All Years